# **PROBLEM-SOLVING**

Quickly identifying an issue, coming up with ways to overcome it and putting it into action.

#### Develop It

• Be inquisitive. Ask questions to help identify issues or barriers so you can work to overcome them.

- Be imaginative. Think outside of the box and brainstorm ideas to find the best solution.
- Practice at home. What issues could you address, think of different solutions and take action on the best one.

AMBULANCE

# **TEAMWORK**

Working with others to achieve a common goal. You need to understand your team goals, communicate well and recognise everyone has strengths and weaknesses.

#### Develop It

- Join a team or group if you're not already part of one and think about what role you play.
- Think 'we' not 'l' when looking at a task and ask for help if you need it.
- Practice your communication and remember it works both ways; you need to listen too.

ORGANISATION

Being able to manage yourself and your work efficiently and effectively.

#### Develop It

- Plan ahead and use technology to assist you, like a phone calendar, to-do list app or setting reminders.
- Prioritise tasks and set deadlines so you know what you need to work on first.
- Know where things are so you can get to them when needed, whether it's your personal belongings, important documents or notes.

# MENTAL RESILIENCE

The ability to cope with challenges, overcome them and adapt to change.

#### Develop It

• If you feel overwhelmed, break things down into smaller pieces, so they are more manageable and take it one step at a time.

- Don't take criticism personally, use it as an opportunity to grow.
- Reflect. Be proud of what went well, learn what you could do better and be more prepared for the future.

# PHYSICAL FITNESS

Looking after your body and keeping it healthy so you can rise to any challenge.

#### Develop It

- Make it fun. Join a sports club or set yourself a challenge to train towards.
- Make it part of your everyday lifestyle, e.g. cycle to work, take the stairs or meet friends for a walk.
- Complement an active lifestyle with a healthy balanced diet.

# INTEGRITY

Being honest and having strong moral principles and values. Owning up to mistakes and building trust. Standing up for what you believe in.

#### Develop It

- Do the right thing even when no one is looking.
- Be honest. Own up to your mistakes and put them right.
- Use your voice. If you feel something is wrong, speak up.

NHS



OLICE

















Ambulance Service

# Top **Public 8** Service Skills and how to develop them

# VALUE DIVERSITY

Understanding that everyone is unique and it's valuable to understand different perspectives.

### Develop it

• Get to know people with different backgrounds to you. • Show respect, value everyone's opinion equally and encourage others to do the same. Seek opinions and input from a diverse range of people.



# INITIATIVE

Being self-motivated, thinking ahead to find solutions and taking action without needing to be told what to do.

#### Develop It

 Speak up and share ideas to make things better. • Use your judgement and take action when something needs to be done.

• Make SMART goals and break these down into smaller, more manageable tasks (Specific, Measurable, Achievable, Relevant, Timely).

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